

North League Basketball Rules

5th – 9th Grade

THIS IS A RECREATIONAL LEAGUE - Having fun, learning fair play, sportsmanship, making new friends and developing new skills are always more important than the final score!!

HIGH SCHOOL RULES with exception of the following:

- 5th - 9th grade: girls will play with the **28.5** size ball/ boys with official size **29.5**- All on a **10 ft hoop**

GAME TIME:

- Games will consist of two **(2) 18-minute halves** with a running clock and a three **(3)** minute halftime
- The clock will stop on all whistles the last 2-minutes of the game
- Each team will receive two **(2) 30 second timeouts** per half (+1 timeout during overtime)
- You can play with 4 players, you will not forfeit

DEFENSE:

- Coaches may use zone or man-to-man defense.
- **Backcourt pressure is allowed.** Teams may apply backcourt pressure throughout the entire game. Any team that is ahead by 20 or more points cannot apply backcourt pressure and must permit the trailing team to bring the ball across half court at least three (3) feet before picking them up on defense
- Players shall not occupy the box directly under basket during a free throw attempt.

OTHER:

- Three-point shots will be granted
- If a team is ahead by twenty **(20)** or more points the scoreboard will not reflect the total point of the team that is ahead. The running score will still be kept in the book.
- Each player must play **half** of each game. Unsportsmanlike conduct and other negative behavior may result in less playing time. Be sure to report any such behavior to the supervisor and parents. **Failure to play everyone equally when there are no such problems can result in forfeiture of the game.**
- **Overtime:** Should a game end in a tie at the end of regulation, an overtime period of “sudden death” rule will prevail (jump ball and the first team to score will be declared the winner). Up to three (3) minutes will be played. The clock will run continuously during the overtime. One timeout will be given to each team for the overtime period. If the overtime period ends in a tie, it remains a tie.
- **HARD CASTS cannot be worn** in games regardless of being wrapped or not.

SPORTSMANSHIP:

- We encourage all spectators and participants not to question decisions of the officials. An important part of this program will be to teach good sportsmanship and to learn to accept all decisions rendered. Games will be staffed by youth officials.
- No profane or abusive language is allowed!!!
 - The offending player will be ejected; the offending spectator will be asked to leave
- **TECHNICALS: THIS RULE APPLYS TO COACHES – PLAYERS - PARENTS**
 - First: Player will sit out for 5 minutes of game time. Other team awarded 2 shots and the ball.
 - Second: Player will sit the rest of the current game and the next. Other team awarded 2 shots and the ball.